

## VEGETARIAN SPECIALITIES

These can be served as main dishes to accompany your meal

<b>Chola</b> <i>Chickpeas cooked with onion, tomatoes, pomegranet seeds, spices and chat masala</i>	£2.95
<b>Paneer Masala</b> <i>Homemade paneer (cottage cheese) cooked in mild makkari sauce and cream</i>	£2.95
<b>Aloo Gobi Daba</b> <i>Potatoes, cauliflower cooked with onions, tomatoes, ginger, garlic and spices</i>	£2.95
<b>Dhal Thadukka</b> <i>Moory dall pan fried onion, garlic, cumin seed, green chilli, tomatoes with fresh coriander and butter</i>	£2.95
<b>Palok Paneer</b> <i>A combination of spinach and cheese gently spiced</i>	£2.95

### RICE

Basmati Rice	£2.00
Pilau Rice	£2.25
Flavoured Rice	£2.50

### INDIAN BREADS

Plain Naan	£2.00
Flavoured Naan	£2.50

### SUNDRIES

Chapati	£1.00
Puri	£1.00
Paratha	£2.50
Pickles 3 items	£1.50
Papadums Plain or spiced	£0.60
Chips	£1.50

While waiting for your amazing food, why not have a drink in our Kings Prosecco Lounge located next door and your food will be ready in no time!

**KINGS**  
**PROSECCO**  
**LOUNGE**

## 4 COURSE SET MENU

# £9.95

Available Every Night

### 1. CHOOSE ONE STARTER

Onion Bhaji	Bhuna Keema on Puri
Pakura	Bhuna Chicken on Puri
Prawn Cocktail	Chicken Chatt on Puri
Samosa Meat or Veg	Garlic mushrooms on Puri
Chicken Tikka	Mixed Kebabs
Aloo Chatt On Puri	Sheek Kebabs
Bhuna Prawn on Puri	

### 2. CHOOSE ONE MAIN COURSE

Choose from chicken, chicken tikka, lamb, prawn or vegetables  
Add Tikka or Lamb £1 extra | Add King Prawn £2 extra

MILD	MEDIUM	HOT	GRILL DISHES
Plain curry	Bhuna	Madras	Chicken tikka (M)
Korma	Dupiaza	Vindaloo	Roshuni tikka (M)
Kashmiri	Rogan	Pathia	Mix kebabs (M)
Malayan	Dansak	Sri Lanka	Seekh kebab (M)
Pasanda	Korai	Jalfarazi	
Mosalla	Sagwala	Chilli	
		Mosalla	
		Balti	

### 3. CHOOSE RICE DISHES

Basmati Rice or Pilau Rice  
Add flavoured rice £1 extra

### 4. NAAN BREADS

Naan Bread per person  
Add flavoured naan £1 extra



# NAMASTE

EXCLUSIVE INDIAN CUISINE

Tel: 0191 456 3855

Mob: 07481 616884



NORTH EAST RESTAURANT OF THE YEAR  
**2017**

### Food allergy notice:

Customer with allergies to nuts & dairy products, please Ask for advice



Some dishes contain nuts. If you are allergic to nuts or any other ingredients, please notify a member of the staff. Although every precaution has been taken to remove bones from our dishes, some may remain.  
The management reserve the right to change the price and offers without prior notice and also the right to refuse custom.

389 King George Road, Cleadon, South Shields, NE34 8AQ

## AUTHENTIC TRADITIONAL STARTERS

Onion Baji	£2.00	Bhuna Prawn on Puri	£2.95
Pakura	£2.95	Bhuna Keema on Puri	£2.95
Prawn Cocktail	£2.95	Chicken Chatt on Puri	£2.95
Samosa	£2.95	Garlic Mushroom on Puri	£2.95
Aloo Chat On Puri	£2.95	King Prawn Bhaji on Puri	£3.95

## MODERN INDIAN STARTERS

### CHICKEN

Murgh Momo	£2.95
<i>Lightly spiced chicken cooked with lentils, spring onions, coriander rolled with puri.</i>	
Murghi Tikka Chatt	£3.95
<i>Shredded chicken tikka, mixed with bell peppers, onion and curry leaves</i>	
Roshuni Tikka	£3.95
<i>Lightly spiced chicken cooked with garlic, spring onions and coriander.</i>	
Oregano Murgh	£3.95
<i>Chicken marinated with cheese, oregano and butter, olive oil and lime juice</i>	
Mirchi - Lightly spiced chicken served in a baked green pepper	£3.95

### LAMB

Naram Lamb Chops	£4.95
<i>Succulent lamb chops in ginger, mint and Kashmiri spices</i>	
Tandoori Mix Platter - Chef's special - mixed starters	£3.95
Shish The Buffalo - Kebab served with buffalo cheese	£3.50
Mirchi - Lightly spiced lamb served in a baked green pepper	£3.50
Sheek Roll Kebab	£3.50
<i>Naan bread with spicy minced lamb filling</i>	

### SEAFOOD

Ajwani	£4.95
<i>Marinated salmon cooked in a tandoor oven flavoured with ajwin</i>	
Namaste Jinga	£4.95
<i>King prawns sauteed in onion, with mustard seed coconut, chilli and curry leaves</i>	
Zalphori Scallops	£4.95
<i>Lightly Indian spiced king scallops with cherry tomato and ginger</i>	
Mussels - Prepared in a sweet, sour hot sauce cooked in lentils	£4.45
Kakra - Lightly spiced crab meat	£4.45

### VEGETABLE

Aloo Bortha	£2.95
<i>Spiced potato dumplings served in chickpeas masala</i>	
Moong Dhall Dosa	£2.95
<i>Rice flour bread fried and served with seasonal vegetables</i>	
Mushroom Surprise - Mushroom stuffed with cheese	£2.95
Mysore Bhonda	£2.95
<i>Round shaped deep fried bread made with mianda and yoghurt, fluffy inside with crispy exterior</i>	

## SMALL AND LARGE FROM OUR CLAY OVEN

All main courses from the clay oven are served with a naan bread and salad

	Small	Large
<b>Chicken Tikka</b>	£2.95	£7.95
<i>Pieces of chicken marinated in yoghurt, lemon juice, ginger and tandoor spices and herbs</i>		
<b>Sheek Kebab</b>	£2.95	£7.95
<i>Small pieces of minced lamb, tomatoes and onions, threaded onto skewers and grilled over charcoal.</i>		
<b>Mixed Kebab</b>	£3.95	£7.95
<i>Chicken Tikka, Onion Baji &amp; Seekh Kebab</i>		
<b>Tandoori Chicken</b>	£3.95	£7.95
<i>Tender baby chicken marinated in yoghurt, lemon juice, ginger, garlic, tandoor spices and herbs</i>		
<b>Namaste Lamb Chops</b>	£4.95	£8.95
<i>Lamb chops marinated in garlic, tomatoes, spices and herbs</i>		
<b>Sashleek</b>		£8.95
<i>Barbecue chicken tikka with onions, mixed peppers on a skewer</i>		
<b>Tandoori King Prawn</b>		£10.95
<i>Marinated king prawns with a hint of lemon</i>		
<b>Tandoori Kazana - A mixed platter from the tandoor</b>		£10.95

## A SELECTION OF MODERN CHICKEN DISHES

<b>Hara Masala - Medium</b>	£7.50
<i>Chicken breast marinated in ginger, garlic and spices, roasted and served with spring onion spicy sauce</i>	
<b>Chetnadu - Hot</b>	£7.50
<i>Chicken cooked in hot south Indian spice with caramilsed onions and tomatoes - Hot &amp; Spicy Ross Kemp's favourite</i>	
<b>Kadai - Hot</b>	£7.50
<i>Chicken cooked in spicy brown onions and roasted peppers</i>	
<b>Kozi Mappas - Mild</b>	£7.50
<i>Chicken braised in coconut milk with a mixture of south Indian spices and herbs</i>	
<b>Pistachio - Mild</b>	£7.50
<i>Pan seared breast of chicken, marinated in a blend of pistachio and cashew nuts, infused into a creamy sauce.</i>	
<b>Murg Biryani - Medium</b>	£7.50
<i>Chicken cooked with spices and saffron, served with raitha and dahl</i>	

## A SELECTION OF MODERN LAMB DISHES

<b>Karaikudi - Hot</b>	£7.50
<i>Lamb cooked in madrass spices, with a sauce of tomatoes, chilli and onion</i>	
<b>Sukha Gosht - Medium</b>	£7.50
<i>Leg of Durham lamb, dry fried in a blend of spices, with a sauce of tomato and coriander</i>	
<b>Jerdaloo - Medium</b>	£7.50
<i>Lamb cooked in spicy brown onion and roasted peppers</i>	
<b>Laknawee Thakkali - Mild</b>	£7.50
<i>Traditional kerala stew, with potatoes, coconut cream, mustard and curry leaves</i>	
<b>Namaste Delicacy - Medium</b>	£7.95
<i>Leg of marinated lamb and fillets served with a blend of spices and fresh herbs</i>	

## A SELECTION OF MODERN SEAFOOD DISHES

<b>Namaste Style Seabass with King Prawns - Mild</b>	£8.95
<i>Seabass stuffed with king prawns, with a sauce of tamarind, tomatoes, coconut milk and curry leaves</i>	
<b>Mixed Varaval - Medium</b>	£8.95
<i>A selection of grilled king prawns, king scallop, salmon on a bed of namaste sauce</i>	
<b>Namaste Prawn Curry - Mild</b>	£8.95
<i>King prawns cooked in cumin and coriander, dressed with tomatoes and coconut milk</i>	
<b>Chemeen Mangachar - Mild</b>	£8.95
<i>Seared king prawns cooked with sweet sauce of mango and coconut milk complimented by tomato and south Indian spice infusion</i>	
<b>Salmon Manchery - Hot</b>	£8.95
<i>Tandoori marinated fresh salmon fillet, pan seared and served with a sauce of chilli, ginger and curry leaves</i>	

## AUTHENTIC DISHES

CHICKEN	PRAWN	LAMB	VEGETABLES
Chicken	£4.95	Prawn	£6.95
Chicken Tikka	£5.95	King Prawn	£7.95
Lamb	£6.95	Vegetables	£4.95

  

MILD	MEDIUM	HOT
<b>Plain Curry</b>	<b>Bhuna</b>	<b>Madras</b>
<i>A sauce of medium consistency, made with a wide range of oriental spices giving it a rich flavour</i>	<i>A combination of spices, fried to provide a medium strength and dry consistency</i>	<i>Need we say more?</i>
<b>Korma</b>	<b>Duplaza</b>	<b>Vindaloo</b>
<i>Traditional Indian recipe with greater use of fresh cream</i>	<i>A method of preparation similar to Bhuna of which onions are mixed to spices and flash fried</i>	<i>The king of curries, the fire hot Vindaloo is of Portuguese origin</i>
<b>Kashmiri</b>	<b>Rogan</b>	<b>Pathia</b>
<i>Preparation of mild spices, similar to Malayan but cooked with sultanas</i>	<i>Cooked in a delicately flavoured sauce with lots of tomato and sprinkle of dania</i>	<i>Lots of tomato and hot spices (sweet &amp; sour lentils)</i>
<b>Malayan</b>	<b>Dansak</b>	<b>Sri Lanka</b>
<i>Preparation of mild spices, in which cream, banana and pineapple are used to create a unique flavour</i>	<i>A sweet and sour dish with pineapple and lentils</i>	<i>Cooked with strongly flavoured spices with lots of coconut</i>
<b>Pasanda</b>	<b>Korai</b>	<b>Jalfarazi</b>
<i>A light curry cooked with cashew nuts</i>	<i>Cooked in a richly spiced sauce, with fresh garlic, ginger, green peppers, tomato, onions and fresh coriander</i>	<i>Hot green chillis cooked with onions and peppers</i>
<b>Mosalla</b>	<b>Sagwala</b>	<b>Chilli Mosalla</b>
<i>Mild and creamy cooked with coconut, almonds and cream</i>	<i>Delicious medium spiced dish with spinach</i>	<i>A tomato base with hot green chillis, peppers and sauteed onions</i>
		<b>Balti</b>
		<i>Cooked with fresh garlic, spices and green chillis, tomatoes and coriander</i>